

Stretching Assignment PSE 4U

Name of Sport
Muscle Group Acted Upon
Diagram
Rationale i.e. type of movement/injury prevention
Clear Outline for Instruction i.e. length of time
Clarity of Class Presentation

Nt: Any photocopying needed I must have 1 day in advance

Sep 26-2:26 PM

Tuesday September 30th	Abby
Wednesday October 1st	Matt
Thursday October 2nd	Elise
Friday October 3rd	Austin
Monday October 6th	Liam
Tuesday October 7th	Shyla
Wednesday October 8th	Hunter
Thursday October 9th	Connor
Friday October 10th	Alex
Tuesday October 14th	Lisa
Wednesday October 15th	Megan
Thursday October 16th	Brock
Friday October 17th	Kayla
Monday October 20th	Shanni
Tuesday October 21st	Chelsea
Wednesday October 22nd	Crystal
Thursday October 22rd	Anna
Monday October 27th	Kyla
Tuesday October 28th	Alicia
Wednesday October 29th	Matt
Thursday October 30th	Brody
Friday October 31st	Emile
Monday November 3rd	Gillian

Sep 26-2:31 PM